**Carers Panel Agenda 22.3.23 13:30 – 15:00**

*Hybrid meeting Traprain Room and zoom*

**Meeting Agenda**

Actions highlighted in yellow

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| **Summary of actions from previous meeting** | **Update on libraries project.**Catherine Findlay has updated us that the books requested are on order and the panel will be updated as soon as we have them in stock. Management agreed to involve EL Comms in the development of the leaflet and therefore it was agreed that the money for the leaflets would come out of the budget 23/24. They are aiming to have these completed for Carers’ Week and plan to send a draft version for you to look through. Provisional text below:**Do you look after a family member or friend?**If you look after someone who is frail, or who has a medical condition, disability, or mental health problem then you are a carer. Many aspects of caring can be rewarding, but caring can also have an impact on lots of areas of your life, including work, relationships, finances and your own health. There is help and support available for carers. Getting practical advice and emotional support can make all the difference.**Carers of East Lothian**An independent charity that provides information and support for carers.  You can talk to experienced Carer Support Workers in confidence. They will listen to you and assist you identify any help you might need. All of CoEL’s services are free and available to any carers over the age of 18. Leaflet will also include signposting to in-house library support, as well as NT Council information for carers.Could GTD please clarify where the Carers’ Collection will be based or whether this will be stationary? – I have emailed Catherine for an update on this on 28.3.23 and also asked her for confirmation that panel members will have oversight of final flyer/ bookmark.Email exchange Catherine/ Gemma below:Hi Gemma, The Carers collection will be more spread out in that anyone can go into any library and ask for books relating to Caring, and the staff can assist in finding the books as the ‘collection’ will be key-worded for Carers so that staff can support quickly.   Individual members of the public can research themselves on the spydus app and arrange to borrow the books irrespective of which library they are currently in – they can request the books to be delivered to their local library, again they would use relevant search terms like carers, dementia.   This is to ensure the greatest reach of the books across East Lothian. All libraries pull together collection for display, libraries branch pull together a variety of collections. Most bigger branches have health and wellbeing displays of books which include carers books. For Carers week it is my intention to pull some of these books especially the newly purposed ones together to travel alongside the road show – so that individuals can borrow the books at the same time. The intention is to ask branches if they have capacity to pull together their own display from the bigger Carer collections.   (This will vary from library to library) Of course to the Flyer it will be after Easter when Louise our graphic designer and I can sit down but I will make sure to copy you in and share the designs so that the Carers Panel can see them.  We are working on the information that you have shared and that Health and Social Care have shared. Thanks Catherine  Catherine Middleton Findlay | Health and Wellbeing Development Officer - Libraries and Customer Services| Library and Museum Headquarters | Dunbar Road | Haddington |East Lothian | EH41 3PJ |Email  **From:** Gemma Twells Davison <Gemma@coel.org.uk>**Sent:** 28 March 2023 11:03**To:** Findlay, Catherine <cfindlay@eastlothian.gov.uk>**Subject:** Carers' Collection/ Flyer/ Book markHi Catherine  Met with Carers' Panel last week. They asked for clarification about where the Carers' Collection would be based or whether it will move around? I couldn't remember.  Also, can I check that once you have a draft flyer, whether this will be sent to us for views? It would be great for panel to have a say on the final versions of the flyer/ bookmark... Many thanks  **Gemma Twells-Davison**Volunteer and Training CoordinatorCoEL074830521820131 665 0135My days of work are Tuesday (all day), Wednesday (all day), Thursday (all day) and Friday (am) Flyer has now been drafted and sent to the Carers’ Panel for feedback which will be collated and sent onto Catherine.**Update from Maria Burton on Carers’ Strategy**Maria updated that the strategy is waiting to be approved by the SPG and IJB and then will be published with an action plan along side it. Strategic Planning Group take proposals and then to the Integrated Joint Board, SPG is on the 3rd May and then IJB will follow in June.Maira informed that panel members can send questions any time and happy to come along annually to review the years progress and inform planning for coming year if they would appreciate that continuing contact.Invites for sessions on the short breaks funds will go via change board reference group. Invites can be extended to panel members at any time.Panel members were grateful for update. Would welcome Maria to come in and meet with them again annually for strategy update. GTD asked if panel had anything they would like to raise with Maria currently. A discussion was had about the significance and importance for carers of having a break from their caring role, whilst knowing that the cared for person is safe and supported. Panel members were very keen to once again stress the priority of a break for carers.After discussion, panel members agreed they would like to share the following point:Priority should be given to enabling carers to take a break from their caring role, during which, they are able to feel confident that the person they care for is safe and supported. It is time for carers to access the breaks that they have earned.Sent the following email to Maria on 28.3.23:Hi Maria I met with panel members last week. Minutes will be published once approved by everyone. I shared your updates, for which they were very grateful, particularly the time frame that you were able to give around the strategy. They didn't have any specific questions but would be very pleased if you were able to attend annually as suggested. They're also keen to have invites extended to them for short break consultation.  Panel members wanted me to outline how much of a priority they feel carers' being enabled to take a break from their caring role is to you. They asked me to share the following point: *Priority should be given to enabling carers to take a break from their caring role, during which, they are able to feel confident that the person they care for is safe and supported. It is time for carers to access the breaks that they have earned.*Panel members also had a discussion about the long-term ramifications of being a young carer on the mental health of young adults and those transitioning from childhood to adulthood. We have a couple of parent carers on the panel and they were keen to hear any information about any focus in this area.Many thanks GemmaMaria responded to this email. Maria asked that panel members are assured that breaks from caring are very much a priority. Maria will send short breaks statements with specific questions for panel members to work through with their feedback. Panel will work through this in April meeting.  |
| **Regular updates from Jess**  | Panel were provided with update from Jess Wade – CEO (Appendix 1)Panel were pleased with the format of the update. Reminded members that updates will come every other month, with significant updates at the in between meetings – happy with this. The following points were raised with Jess. Panel questions red, responses blue. * CoEL have been working with the Health and Social Care Partnership to review the Adult Carer Support Plan to make this process smoother for carers. This work is ongoing.  Could panel have a time frame? The HSCP are working on formatting for the new form, before it will be piloted by us and then things will progress depending on how that goes. We hope to be piloting in the next month or so, depending on how long it takes for them to sort the form.
* CoEL have been working with the Health and Social Care Partnership to review the Short Breaks Statement. This work is ongoing. Could panel have a time frame? I will need to check on this.
* Is there any focus being put on young adult carer mental health by CoEL? Parents of yc on panel are seeing ramifications on their children’s mental health. Transition into adulthood was mentioned as a vital age for support.At the moment we are working with our contacts at the Council who support YCs to make sure we support better transitions to our services, so we have had the team in to speak at our team meeting, for example and are looking at other ways we can improve transition.
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| **Think Carer** | Gemma shared Think Carer training content in advance and took feedback:The following suggested amendments were made: * Collaborators strengthened to say ‘equal partners in care’
* Include empathy and emotional support into the ‘What Can I Do?’ section.
* Reduce word count on slide to below 20 (yc slide is particularly long).
* Discussion around whether carers are involved in the delivery of this training. GTD informed not yet, but this is something that CoEL would be very pleased to do. AB volunteered to co- deliver. MS also suggested that they would be interested in doing so in the future.
* Suggestion from JIC that this training is built into nurse training. JIC to explore this further and bring any contacts to GTD. GTD shared that through connection made with Catherine Brockway (Site and Capacity Manager ELCH), CoEL have been delivering to nurses on placement and there are plans to offer as part of induction in the future.
* Suggestion that TC training ought to be delivered in Care Homes.

Gemma to organise opportunity for carers to contribute to video element of training covering the following topics: * Impact of a caring role
* Carers experience of being treated as a collaborator
* The difference that good support has made
* Hospital discharge
* Identification/ delay on identification/ the difference id has made/ why did the delay occur/ how we could help people to identify earlier

I propose to organise a session in April instead of our panel meeting to develop this content. Please see email for more details.  |
| **‘Influencers’** | Panel members wish to invite ‘influential’ people into meet with them in order to raise the profile of unpaid carers and contribute to the wider conversation.The following suggestions were made during discussion:* All MSP's (Paul Mclennan and Sharon Dowey mentioned specifically due to them being involved in cross party group for carers)
* Representatives from COCIS
* Representatives from Carers UK/ Carers Scotland
* GP Leads
* IJB chair

Panel asked GTD to draft letter from CoEL to invite suggested parties to future panel meetings. After a discussion around impact on finances and time out of contributing to pension as an unpaid carer, panel member suggested that Martin Lewis would be a good, high profile figure to speak about unpaid carers. Suggestion made that we join forces with other Carers’ Panels to strengthen collective voice. |
| **Carers Week 2023** | Ran out of time to share provisional plans for Carers’ Week. Panel to comment via email if any views on plans:Date: 5-11 June. *The theme for Carers Week is ‘Recognising and supporting carers in the community’*Provisional plans currently include:* Afternoon tea for carers in Cockenzie House (provisional date and times Tues 6th 1:30 – 4:00)
* Wellbeing day in East Linton Village Hall – enquiries being made into qigong, soundbath, picnic, massages. (provisional date Wed 7th with all day workshop options)
* Rangers Walk (provisional date Thursday 8th am)
* COCIS – Carers Rights Workshop for professionals and carers (provisional date and time Thursday 8th 2pm)
* MADE – Create an installation in the week before Carers Week that can be exhibited in Carers Week. Any ideas for where this could be usefully exhibited? (provisional date w/o 29.5.23)
* Possible trip to dynamic earth – org has been granted free access for groups across the year.
* Library roadshows – every day in each library (am – schedule to be finalised) Promote Carers’ Collection and promote work of CoEL.

Any suggestions of things that we haven’t considered? |
| **Carers’ Survey** | CoEL conducts an annual survey of carers. The survey asks carers for their views and input on a variety of topics that help to shape the service and ensure our work is responsive to the needs of local carers. This year's survey will include:* Questions focused on carers experience of unpaid care in East Lothian
* Space for comments on CoEL's current service and recommendations for developments
* Feedback on CoEL's new website

We would like to ask the panel for input into the development of the 2023 carers' survey.  In advance of our meeting on 22.3. * Are there any areas you think we should focus on in the survey that can inform the work of the Carers' Panel?
* Are there topics that you would like to understand more deeply in relation to carers in East Lothian that can inform any of your work?

Discussion began and will be a standing item on the panel agenda so that panel members can add to it. Suggested questions: * Have you experienced mh problems as a result of your caring role?
* Do you have an emergency plan in case the carer takes ill?
* Questions to gather more information about working carers…
* Opportunity to tell CoEL if carers would like to attend events but their caring role prevents them from doing so
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| **Helen** | HW stood down from the panel. They feel it is time to step down as it has been quite a while since they were in an active caring role. HW will go onto befriend for CoEL. |
| **A.O.B.**  | A. B. raised a query for the ACSP reviewing group: Carers worry a great deal about what will happen to the cared for person if the carer goes into hospital- particularly if the carer is admitted in an emergency admission. Is this incorporated into an ACSP discussion. GTD passed this onto the group and awaits feedback.  |
| **Discussion topics** | Caring as a protected characteristic Implications of caring on financial circumstances, including contributions to pension Unpaid carer recognition in employment lawImpact on career for carers who have to reduce working hours or give up work completelyImpact on carers career if caring role ends (eg, re-entry to work etc) |

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**Appendix item 1**

**Updates for CoEL Carers’ Panel Meeting, March 2023**

**National Update**

* A few updates following the **Scottish budget** for 23/24 (in case you haven’t already seen these):
	+ An extra 1p will be added to the higher and top income tax rates. No changes to income tax rates for those earning less than £43,662
	+ The money generated from the extra income tax will be invested in the NHS, with £13.7billion in total being allocated to the NHS
	+ An additional £550m will be allocated to local government
	+ Local authorities will be able to set their own council tax rates in 2023.
	+ The Scottish Child Payment will remain at the increased level of £25 per child per week.
	+ All other social security benefits under the control of the Scottish government will be increased by 10.1% in April.
	+ £1.7 billion will be allocated to social care
	+ £80 million capital funding to support the expansion of free school meals, with a further £22 million invested in holiday food provision
	+ funding of £20m that had been set aside for indyref2 on Scottish independence will instead be used to increase the Fuel Insecurity Fund.
* **Carer Support Payment** will be the new name for the benefit that replaces Carers Allowance in Scotland. In February, Scottish Government announced that they will introduce a pilot for Carer Support Payment by the end of this year, and this new payment will be available nationally from Spring 2024. At present, carers in receipt of Carer’s Allowance also receive top-up support through the Carer’s Allowance Supplement and this top up will be maintained when Carer Support Payment is launched. New support will also be delivered as part of Carer Support Payment for those caring for more than one disabled person (currently known as Carer’s Additional Person Payment)**.**

Further details about the rollout of the new Carer Support Payment will be announced in due course. Meantime, The Scottish Government’s Social Security Programme is currently working on developing the new Carer Support Payment and are looking to speak to carers to help them design the new benefits offering.

So far the team have spoken to over 160 carers about their experiences and taken their feedback on board, but they would like to reach more carers across Scotland.

Please go to: [**mygov.scot/carers-survey**](https://click.mlsend.com/link/c/YT0yMTYwMzc5NDI3NzIzMTU2Mzc2JmM9cDRyNyZlPTAmYj0xMDkyMTc4NzE3JmQ9bDR0OW42dg%3D%3D.lMnNXCVLBPu5Y5rnQrpxbjjZpvrcJqYtjnmZvWqPYt4)to register, if you are interested in taking part any of the research/focus groups.

* The **National Care Service Bill** is currently at Stage 1, and the lead committee (Health, Social Care and Sport Committee) is reviewing the evidence it has received from the other committees. Transcripts from the evidence that all of the committees heard, can be found on the Scottish Parliament website here: https://www.parliament.scot/bills-and-laws/bills/national-care-service-scotland-bill/stage-1#CommitteeWork

Parliament has agreed that Stage 1 of the National Care Service (Scotland) Bill be completed by 17 March 2023.  This will include the lead committee publishing its recommendations on whether the Bill should go ahead. This will then be followed by the Stage 1 debate in Parliament.

At stage 2 of the Bill, MSPs can propose further amendments to the Bill.

The National Carer Organisations (CoEL are members of most of these organisations) have put together a short paper on the amendments that we would like to see in the Bill and have been in touch with members of the lead committee to table these amendments.  You can[**download the paper here.**](https://click.mlsend.com/link/c/YT0yMTYwMzc5NDI3NzIzMTU2Mzc2JmM9cDRyNyZlPTAmYj0xMDkyMTc4NzEyJmQ9cDlrNWg4bw%3D%3D.x2uRFDAcluRZAFRpEyB5ONQOFRdc2DN0tcCbF_oddlY)

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| * **An update on the National Care Service Co-Design programme.**
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| Work is continuing at a pace on the co-design of the National Care Service through the Lived Experience Experts Panel (LEEP) and the Stakeholder Register. As of 10 February, the Lived Experience Experts Panel (LEEP) has received 437 applications, and the Stakeholder Register 232 applications. The ambition is to create diverse team of experts that represents our Scottish populationThe opportunity to become involved in either group is still open: <https://www.gov.scot/publications/design-the-national-care-service/> Throughout November and December 2022, twelve welcome sessions were held with LEEP members and Stakeholder Register organisations, with 310 people attending. These are designed to give members a full understanding of the process and what they might be asked to do as part of this work. It means that anyone joining the panel doesn’t have to have any prior knowledge of co-design, and hopefully provides members with reassurance on how things will work.More sessions are taking place in the next few months which will welcome the remaining members of LEEP and the Stakeholder Register. It will give people an opportunity to reflect on the learning and recommendations from the first round of sessions. |
| If you would like to be kept directly up to date on developments around the National Care Service, you can sign up here: <https://scot.us21.list-manage.com/subscribe?u=95c3275c8523daa1b70f2b40f&id=d3c16e4064>  |

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* The **National Carers Strategy** was published just before Christmas. The strategy sets out 89 actions which the Scottish Government, local authorities, and other key partners will undertake to ensure that carers in Scotland are supported fully.

The Carer Policy Team have indicated that further work around developing an Implementation Plan for the strategy will begin soon, where they will start to allocate the actions into short/medium/long term plans over the 3 year period of the strategy (2023-2026). You can find the Strategy here: <https://www.carersnet.org/national-carers-strategy-launched/>

* The **Care Inspectorate** has now published their findings on their **inquiry into adult carers’ experiences of adult social work and social care services**.

The report highlights the need for improvement in support of adult unpaid carers and makes a series of recommendations including improving access to and availability of short breaks for carers, and promoting awareness of their rights, including access to an adult care support plan.

For more information and links to download the report:

<https://www.carersnet.org/inquiry-into-adult-carers-experience-of-social-care/>

* **Scottish Government** recently published the latest **up to date estimates of the number of unpaid carers living in Scotland**. This is an update on the figures that were published in April 2022.

The latest figures show an estimated total of around **696,000 carers** living in Scotland, including 28,000 young carers.

I think many of us would agree that this is likely to be an underestimate. Scottish Government colleagues have stated that they will continue to highlight that the number of carers in Scotland is likely to be between 700,000 - 800,000.

* The **Carers Census analysis** is now available for 2022:

<https://www.gov.scot/publications/carers-census-scotland-2021-22/documents/>

The report recognises that the figures don’t necessarily reflect the actual number of carers who require support across Scotland.

**Local Update**

* **Leuchie@home service**. Leuchie have now updated their registration and staff member is supporting 9 individuals, with complex needs, in the community, meaning carers can have a break from caring. They have recruited a volunteer to support this work and hope to extend the pool of volunteers further. Volunteers will not be suitable to support all clients and this can be agreed through discussion with the individual.
* **Meeting Centres** development. Grant funding was awarded to Dementia Friendly East Lothian to develop the meeting centre model in East Lothian, beginning in Musselburgh where there is an identified lack of service provision for older people. Meeting centres are an evidence based social club model supporting people with mild to moderate dementia and their carers. The first centre is now open at St Andrews church in Musselburgh and referral routes are being established. Plans to support ‘satellite’ centres are under development with a particular focus in Dunbar.
* **East Lothian Rehabilitation Service (Carers pathway)**. An Occupational Therapist is now in post and working with a number of carers to address health and well-being outcomes associated with the caring role.
* **Respite bed block booking**. Following an initially unsuccessful procurement exercise a provider has now applied and been offered a contract to offer one respite bed in a local care home, placements will be managed by adult wellbeing and are due to start on the 6th of March 2023. If this is well utilised and meets individuals outcomes there is potential to increase this to two beds. This will have a huge impact on Carers ability to arrange planned breaks from caring.
* Maria Burton has been working on the new **Carers Strategy**, which should be ready to be published soon, and she appreciated all feedback on this.
* CoEL have been working with the Health and Social Care Partnership to **review the Adult Carer Support Plan** to make this process smoother for carers. This work is ongoing.
* CoEL have been working with the Health and Social Care Partnership to **review the Short Breaks Statement**. This work is ongoing.

**CoEL Update**

* We have had our **contract extension confirmed** for the coming year (July 23 – June 24), which is good news. We have also had new monies (£10,000) confirmed for the financial year 23/24 for our **Financial Insecurity Fund**, which provides small grants to local carers facing financial crisis. In addition, Shared Care Scotland have said they expect our **Time to Live funding** to remain at the same level into the new financial year, which will mean we can continue our new, personalised approach to delivering Time for Me Grants.
* This week we heard that we have been successfully nominated, by one of our Carers, to receive **£1,000 through a Baillie Gifford Community Award**, which of course we are delighted with.
* We have now introduced our **new approach to Available Carer Support Worker (Duty)**. This has been a long time in the making, to develop a more streamlined approach to how we support carers as they first come to CoEL and we hope will work better for carers as well as reducing duplication of work, by better directing carers to the right support, and worker, as soon as they come to us. We will review this new process to see how it is working.
* We have now begun the **changes to our office environment**, with our new office furniture to be delivered as I write this (and the old desks having been removed!). This includes working with our colleagues at RVS who will be sharing our space in the future and work will continue over the coming months on this.
* We (Jim C and I**) met with Paul McLennan MSP** to highlight key issues for local carers, particularly access to care, including replacement care, and access to day services. Paul has committed to setting up a meeting with local officials to discuss further.