

Making  
Carers Count

charity registration number 1085491

# Carer's Champion Bulletin—Spring 2021



*Providing information, sharing idea's and supporting and thanking carer champions and all health professionals during this challenging time.*

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## *What a busy few months!*

Thank you to those who managed to attend the recent round of Carer Champion locality meetings and sharing the challenges within your surgeries over the past few weeks. The announcement that unpaid carers (that met a specific criteria) would be included in cohort 6 for the Covid vaccination produced an influx of carers acknowledging their caring role and requesting to be added to your carer register. I have spoken to many of you over the last few weeks with some localities and individual surgeries coping with an incredibly high volume.

Surgeries can find the latest news on the vaccination programme for carers [here](#)

The progress of the vaccination programme by everyone involved has been amazing (champions fed back how rewarding it has been when making the calls to patients to arrange their vaccinations... calls were welcomed and met with excitement.) and with it now at and passing cohort 6 the pressure of registrations may start to ease but for carers coming out of lockdown and returning to work they may well be facing new challenges that could impact their health and wellbeing and in need of support.

## *How to refer—Reminder*

The **quickest and safest** way to refer carers to us (with their consent) is by using the referral form [here](#) and send it through to us using the NHS email address at the bottom of the form. Also remember this form is available on your DXS system.

**Young Carers cannot be referred on this form.** They have got their own referral pathway as permission needs to be obtained from someone with parental responsibility. Referrers should go to the Young Carers website <http://ycih.org/> and download the referral form here: <http://ycih.org/information-for-professionals/>

## **“Caring as Social Determinant of Health”**

Public Health England published a report “Caring as Social Determinant of Health” focused on unpaid carers health and wellbeing with some very interesting key points identified.

The full report is available to read [here](#)

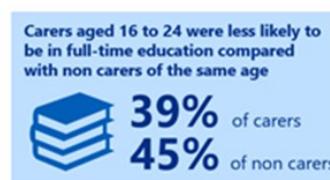
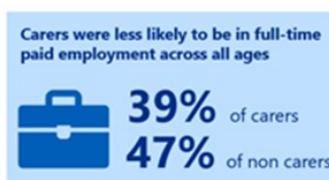
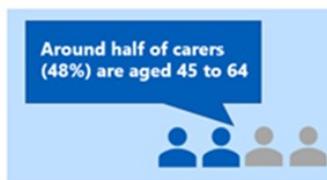
**1 to 1 virtual training (1hour) available to all champions, new or to refresh knowledge  
Contact Jane Brown : 07706 285975 or [jane.brown@carersinherts.org.uk](mailto:jane.brown@carersinherts.org.uk)**

Statistics from National GP Patient Survey 2020 conducted by NHS England and NHS Improvements. Data gathered from 740,000 patients who completed the survey.



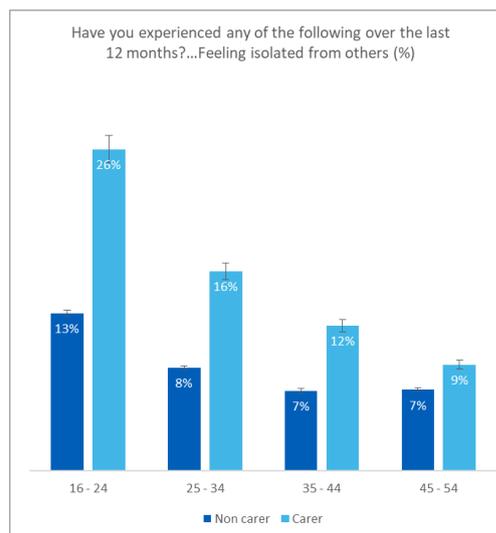
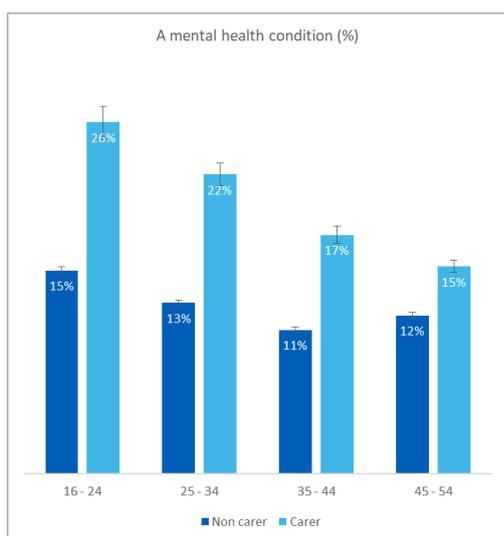
Results highlight the challenges carers within the younger ages groups are experiencing.

Do you have Young Adult/Young Carers on your patient register that have not been identified.....are they needing support?

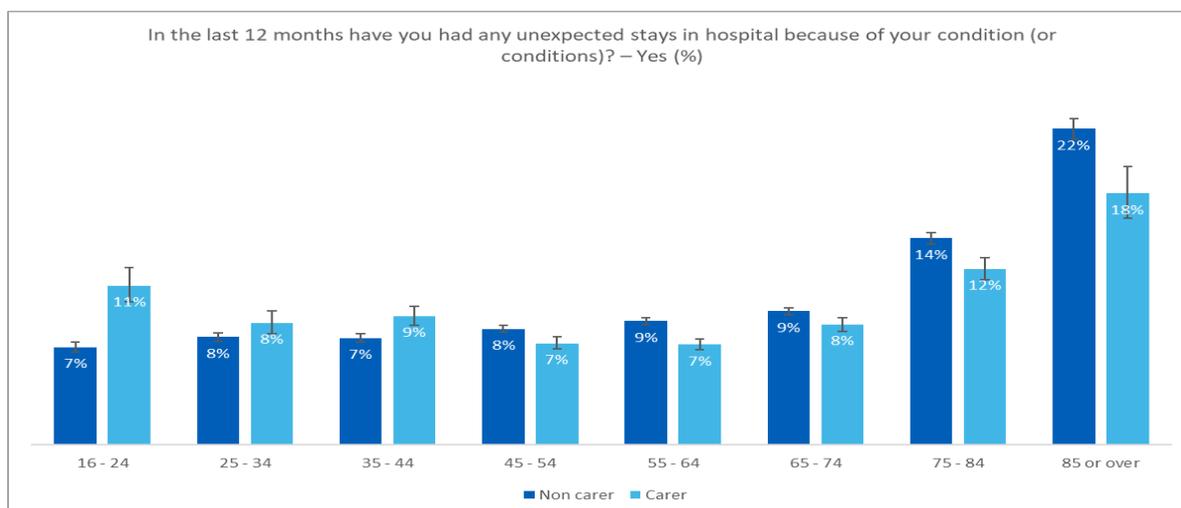


Carers across younger age groups were more likely to report a long-term mental health condition

Carers across younger age groups were more likely to report feeling isolated from others



Unexpected hospitals stays were greater for young adult carers compared to non carers of the same age



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**Are you caring for someone unpaid and need PPE?**

Carers in Hertfordshire is helping unpaid carers protect themselves and the people they support from COVID-19 by providing free PPE such as face masks, gloves and aprons, if they need it.

To learn more or apply for PPE call 01992 58 69 69 or send an email to [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)



## Telephone lines.

Surgery telephone lines continue to be extremely busy. When contacting surgeries recently I have noticed that some are including in their initial choice directives a number to press for "professional contact". If this can be added to your choices it would be really helpful for all professionals who may need to urgently speak to a surgery about a patient.

## Unpaid carers in the Armed Forces community

Please see link [here](#) to Royal British Legion and Poppyscotland survey exploring the experiences of members of the Armed forces who also provide care. If you are aware of unpaid carers who are also serving or ex-serving members of the armed forces they may be interested in completing this survey.

## Carer Champion Spotlight



**Louise Parker**

Louise works in the reception and admin team for Symonds Green Health Centre in Stevenage. She is a very experienced Carer Champion (and also a carer herself) and has been in the role for 6 years. The Carer Champions within Stevenage often work together to arrange events for carers and Louise is very much part of that team.

She is a very organised, process driven person with an eye for detail. When not at the surgery Louise enjoys visiting English Heritage sites, galleries, walking, yoga and watching any animal programs.

Advice Louise would give to a new Carer Champion would be to listen. You can support a carer so much from just listening to them and giving them some time (not always available). Don't judge them and make sure you are up to date with support services available. Also be aware that caring situations change and as a champion you need to be flexible and adaptable.