

The Newsletter for Carers from the Jersey Carers Centre



New website and new Patrons for The Jersey Association of Carers (JACI)

We are delighted to announce that we have two new Patrons. Lady Gene McColl, the wife of Jersey's new Lt Governor, General Sir John McColl, and also Mrs. Joan Birt, the wife of the Bailiff.

Friday 2nd December was "Carers Rights Day", and to celebrate we held a Christmas Tea Party for 30 of our members. We were also delighted to welcome our new Patrons, as well as General Sir John McColl and Health and Social Services Minister, Deputy Anne Pryke to the event.

During the Tea Party we announced the launch of our new website: www.carers.org.je

Our Chairman, Dr. Margaret Bayes said at a recent interview with Radio Jersey "We are very pleased to have two patrons who are so interested in our work". "It is wonderful to be able to celebrate our work with them, and count on their support, and also to have a new website so people can find out more about us. We hope that our new website will allow Islanders to find out more about us and the work we do easily and quickly, as well as to raise the profile of JACI. We are very grateful to Mr Haralobos Gouzinis, of First Tower Software who developed and now maintains the website free of charge."

The new website www.carers.org.je contains useful information for carers, such as respite services available, as well as useful contact numbers and details of other local charities and services which may help and support them.



Angela Jeune, Lady Gene McColl (JACI Patron), Audrey Le Bas



Mrs. Joan Birt (JACI Patron)

We need more carers to join us and share views and experiences.

Membership is free and we try to hold two free social events each year to help carers to meet and share.

If you have any experience of the cost of caring please get in touch with us, or if you have any Christmas stories.

This is your organisation and we would like you to tell us how we should proceed with the limited resources at our disposal.

Dr Margaret Bayes CHAIRMAN

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The cost of caring

The Carers Rights Day theme was picked up by BBC Radio Jersey, and I was invited to join Gwyn Garfield-Bennet on Sunday 4th December to talk about the Cost of Caring. For a start, Gwyn looks just as glamorous on the radio as on TV!

We invited Carers to phone in which two people did to share their experiences.

I also mentioned that Carers have no rights under current legislation in Jersey, and this may be especially important when Carers are juggling a job and caring. There may be reluctance to ask employers for help and flexibility in these times when jobs are precious.

The next morning, I was asked to give a TV interview on the same topic, which included a carer who had phoned in the previous day. We did this at The Carers Centre at the General Hospital. This carer was spending a small fortune on 24hr care so that his wife could stay at home, as he was now unable to care for her himself.

Another Carer wrote to me a few days later explaining that middle income families receive little financial help converting their house, and for respite care so that her husband could leave hospital and live at home, after a 9 month stay in hospital. She was disappointed that free home respite care was now not available for the over 65s from Family Nursing and Home Care.

Caring at Christmas

Carers do not get any days off over Christmas, but continue to work although not often recognised. We all know that Hospitals, the Ambulance, Fire Brigade and Police services still provide a service, but do not think of the army of carers who care at home.

I suggested at a recent media interview that friends or relatives of carers could offer help, perhaps shopping or cooking, and I urged Carers to accept and not say "I'm Fine" and soldier on.

I also mentioned young carers, and the increased problems with alcohol in some families, at this time of year.

Dr Margaret Bayes
CHAIRMAN

The True Face of Carers



Dr. Margaret Bayes, Lady Valerie Ridgway, Lieutenant General Sir Andrew Ridgway

The True Face of Carers was the theme for Carers Week, last June. Carers Week is a national annual event to raise awareness about the UK's 6 million carers. The Jersey Carers Centre also mark the occasion, by reaching out to Jersey's 10,000 plus Carers. The week before Carers Week our newsletter was delivered with every Jersey Evening Post with the aim of doing just that. Letting Carers know about the service we provide, topics of interest to carers, but most importantly that 'they are not alone'.

The Jersey Carers Centre, which is based at the Parade Entrance to the General Hospital, was open all week for our members and members of the public to come along and support Carers Week.

During the week we held an Afternoon Tea Party for our members, where we distributed a Carers Questionnaire from Health & Social Services, the event was well attended and enjoyed by all.

We also we were delighted to welcome, sadly, for the last time before their departure from Jersey, our Patron Lady Valerie Ridgway, and Lieutenant General Sir Andrew Ridgway. We are very grateful to Lady Ridgway for the support she has given to JACI over the past 5 years, we wish them the very best for the future.

During the week we held a raffle, which raised over £850. This would not have been possible if it had not been for the ladies from Soroptimist International of Jersey, and Carole-Ann Robbins who once again sold raffle tickets for us all week. Our heartfelt thanks to you all!

Thank you to our members who donated prizes, and to local companies who also supported us: The Merton Aquadome, B&Q, and Aruba Hairdressers.



Dr. Margaret Bayes and JACI members at Carers Week Tea Party

The Jersey Carers Centre



THE JERSEY CARERS CENTRE provides a one-stop shop for information on carers' issues, and signposting people to relevant agencies where they can get help.

We are here to support carers in any way we can, sometimes people just want a chat, with someone who understands what they are going through.

We look forward to welcoming you at the Centre, which is based in the Parade entrance of the General Hospital, opposite Reception.

Our opening hours are Monday 11.15am–3pm & Wednesday 11am–3pm. If you would like to visit at an alternative time or day, please contact us to make the arrangements.

Outside these hours, please leave a message on our answer phone, and we will get back to you as soon as possible. Tel: 766276 or e-mail: jaci@jerseymail.co.uk

JACI has volunteering opportunities in fund raising, and helping at the Carers Centre occasionally. We would very much like to hear from any individuals, businesses or other organisations that would like to support our work. Or, if you would like to make a donation, kindly make cheques payable to JACI

If you would like to become a member of JACI, which is free of charge, please contact us for a membership form.

Letters to the Editor

This is your newsletter, so if you have something to say, and would like to contribute to the next edition, please contact the editor, Beverley Medway at bmedway@jerseymail.co.uk

International Carers Conference By John Medway, JACI



Last year I was invited by John Cox, (Service Manager, Adult Social Work), and James Le Feuvre (Director of Strategy, Health and Social Services) to the 5th. International Carers Conference in Leeds, to help present Health and Social Services and Jersey Association of Carers account of the development of the Strategy for Carers in Jersey.

A Strategy for Carers in Jersey first started to take shape in 2009 when carers and many representatives from Jersey's voluntary social care organisations, together with policy makers within the states and health care profession, joined to discuss major issues affecting carers within the island. It was a product where community involvement rather than legislation initialised the process, with the support of Senator James Perchard.

HRH Princess Anne, who founded the Princess Royal Trust for Carers in 1991, opened the Conference. Among observations the Princess Royal made, were that independent lifestyles and smaller families have meant that the old, informal networks of caring, break down in many cases. Demographic change has created its own set of problems.

People from twenty countries attended the Conference, which was also broadcast live on Carers World Radio, over the internet.

I will hopefully distil some of the information that I felt important, it would take many newsletters to do all of this and hope what is written here will be of interest.

Throughout the conference, the messages were largely the same from all of the countries, carers wanted recognition. It was difficult to help someone if you could not access help from healthcare professionals. When communicating with carers to establish the help needed, professionals will want to carry out an "assessment". Whilst necessary, this formal approach can put people off asking, and initially at least a more friendly informal approach would be beneficial.

An amusing but alarming example was given by one delegate concerning transition from hospital to home, recorded as part of a survey.

When collecting her 85 year old husband, from a long spell in hospital the man's wife was told to make sure he had all of his things. Finding a pair of socks was more important than providing helpful information for the carer.

In many of the developed countries the numbers of carers in relation to people who need care is widening as survival rates have increased. Will people cope in the future without extra public spending? Where will the money come from?

It is important to think of what we do as informal carers, as being just as crucial to the economy as the work people do, in paid employment. We do this in two ways; one is by providing care without charge to the individual, and two, at no or little cost to the tax payer. This seems as a loose-win-win in economic terms. An argument that has often been used to illustrate how much money carers save the economy.

Looking ahead we see more people requiring care, and carers most likely working. Carers must be supported in the workplace, so they can remain in employment. Skilled and experienced people are the lifeblood of businesses and organisations in the private or public sector. These people who are in most demand are often the ones who are juggling care and work. A situation that will demand care and support services should be developed, to the extent that businesses are not to suffer. Just as childcare provisions enable people to return to and remain in work; care provision will have the same importance.

How our aging population are supported and cared for is a great challenge. Carers all have their own different needs, and are reliant on their own set of skills. When carers have good health and a sense of well being they can provide the best solution in looking after the individual they care for. When carers have difficulty coping, they suffer and very often so does the person they care for.

During the current economic climate, it is easy for people to say we do not have the resources, we should be spending money on education and people should look after their own health. Some policy makers on the other side of the channel believe that. If the already fragile carer networks break down further, who will pick up the bill afterwards?

St John Ambulance Young Carers Support Project

In 2009 in partnership with The Education Department and Jersey Association of Carers Incorporated, St John Ambulance piloted a Young Carers Project at Le Rocquier School. As with the Adult Care Programme, this was made possible through generous sponsorship.

This project is now still running successfully within Le Rocquier School. Grainville Secondary School has held awareness assemblies and will develop the programme in 2012. Another States Secondary school has workshops

planned for the beginning of 2012, which should help identify other Young Carers that will benefit from the project.

The St John Ambulance Young Carers Support Project concentrates on what the young carer needs. Many of the past young carers who have benefited from this project have had to do extra household chores, household management, and give emotional support to parents and siblings, with some even attending to personal care when their family needed this. **CONTINUED ON PAGE 4**

St John Ambulance

Young Carers Support Project

cont

As part of the programme, all of the groups complete an Emergency Basic First Aid course to learn vital life saving skills.

JACI has supported the Young carers in the past with school luncheons and a wonderful BBQ at Government House.

A respite trip for the Young carer is included in the Project and allows the young person time away from caring.

To quote one young carer - "I feel I can talk to someone now on how I truly feel; this trip gave me time out, Thank you St John Ambulance".

Anyone wishing to know more about this project, please contact your school or Lynn Bouchard at St John Ambulance HQ tel. 507809 or email Lynn.bouchard@sjamb.org.je

St John Ambulance Carers Support Programme

St. John Ambulance run courses for Carers, with the purpose of helping them in their caring role. Many of JACI's members have already attended, and feedback from them has been very positive.

What do the programmes include?

A Carer's Role - Principles of care based around individual daily activities of the cared for person. Including a talk on Carers Assessment by the Social Security Department.

Looking after your back - Advice on daily back care and prevention of injury, relevant to caring at home. Practice in handling techniques in a safe environment.

Stress Management - Understanding Stress, and advice on Stress Management.

Benefits - Advice from the Social Security Department.

Safety in the Home - Advice from the States of Jersey Fire Service

First Aid - What to do if an accident happens in the home

The sessions are led, developed and delivered by an experienced, Registered Nurse.

The dates for courses in 2012 are:

Programme 1:

January 12th - January 23rd - January 30th - February 6th

Programme 2:

May 28th - June 11th - June 25th - July 9th

Programme 3:

October 1st - October 8th - October 15th - October 22nd

If you are unable to attend all the dates in your course, it is possible to complete it in a subsequent one. Courses are held at St. John Ambulance HQ, Midvale Road.

Parking is available, and open to any carer free of charge.

Anyone interested in attending these courses should contact Lynn Bouchard at St. John Ambulance tel. 735611 or Sally at The Jersey Carers Centre tel. 766276.

Carers Week 2012

Carers Week 2012 will be held during the week of 18th – 24th June. We hope to be able to distribute that edition of our newsletter with The Jersey Evening Post, enabling us to reach as many Carers in Jersey as possible. If you know of someone, or a Company that may be interested in supporting us, please contact Sally Rousseau, Centre Manager, at the Jersey Carers Centre for more information.

USEFUL CONTACTS & HELP LINES

Acet Jersey AIDS	505957	Jersey Employment Trust	788900
Autism Jersey	0800 735 1070	Jersey Hospice	876555
Bereavement Service	285144	Jersey FOCUS on Mental Health	0800 735 9404
Macmillan Cancer Support (Jersey)	0800 735 0275	Les Amis	519955
Citizens Advice Bureau	0800 735 0249	Mencap Jersey	866622
Family Nursing & Home Care	443600	Motor Neurone Disease Ass.	855911
Headway (Jersey) Brain Injuries Ass.	505937	Multiple Sclerosis Society	864442
Jersey Alzheimer's Association	443075	Parkinson's Disease Society	737128
Jersey Blind Society	864689	Samaritans	08457 909 090
Jersey Cancer Relief: Joan Richard	854913	Scope Jersey (Cerebral Palsy)	871518
Jersey Cheshire Home	285858	Social Worker	623500
Jersey Epilepsy Association	0800 735 4121		

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Investment in Jersey's Carers is crucial